

2022 Calgary Safety Expo Exhibitor Questions & Answers

ENMAX Corporation	
1. How can you prevent trips?	Pay attention while walking and look at your surroundings. Look for rolled rugs, cords, toys or items on the ground. If you see something, fix it!
2. How can you prevent slips?	If you spill something, clean it up. You or someone else could slip. When walking outside in the winter, be aware of the conditions. If you can't avoid walking on ice, walk very carefully and shuffle like a penguin.
3. How can you prevent falls?	Think before you climb on things at home. Use a proper sturdy stool to reach things above your reach or ask for an adult to help. Balcony and deck railings are to prevent you from falling. They are not for leaning over or standing on.

AEDARSA	
1. What are the 2 things you need to check on yourself before stepping onto an escalator?	Make sure your shoe laces are tied and secure any loose clothing.
2. In case of emergency, where would you find the emergency stop button on an escalator to stop the escalator?	Emergency buttons are located on the handrail on the top and bottom of the escalator.
3. Are strollers, carts or wheelchairs appropriate to take on an escalator? Why?	No, escalators are designed for people only. Strollers, carts and wheelchairs are not safe to ride on escalators. They should use an elevator.


Alberta Health Services	
1. Stress is always bad for us and should be avoided at all costs.	False Stress can be healthy feedback for us to problem solve and change or strengthen our responses. E.g. we stress a muscle to make it stronger
2. What we say to ourselves makes a difference in our stress response.	TRUE! We can ask ourselves...Are my thoughts beating me up or building me up? Ask, what is a thought that is more helpful and true?
3. Taking good deep breaths can help us calm down.	TRUE! Deep breathing triggers our parasympathetic nervous system to help us calm down. There are many different techniques to try like Box breathing and Starfish breathing. Practicing these when we are not feeling so stressed helps us to use these strategies at times when we would like to lower our stress response.

Alberta Motor Association - AMA School Safety Patrol	
1. Who is responsible for getting you across the street safely?	Don't assume a driver has seen you- you are the only person who can ensure you are safe.
2. How can you stay safe when crossing the street?	Make eye contact with drivers, and pay attention to what is going on around you.
3. What are the 3 P's of pedestrian Safety?	Point your arm, Pause to double-check for traffic, Proceed when it is safe to do so.

STARS	
1. What does STARS stand for?	Shock Trauma Air Rescue Service
2. STARS goes on how many lifesaving missions per day?	On average STARS flies 8 missions per day.
3. A STARS helicopter crew consists of?	A STARS crew consists of two pilots, one nurse and one paramedic.

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ATCO	
1. What is natural gas & what does it smell like? What do you do when you smell natural gas?	Natural gas is a fossil fuel used as a source of energy for heating, cooking, and electricity generation. There's a chemical that is put into natural gas called mercaptan so you can smell it if it's released. It smells like rotten eggs or sulphur. If you smell natural gas in your home, leave immediately and go to a neighbour's house to call 9-1-1 or ATCO.
2. What is carbon monoxide?	CO is invisible, silent, and odourless, making it extremely hard to detect. In an enclosed space, even a small amount of exposure to CO can lead to serious illness or death.
3. What can I do to help keep my family safe in the home around natural gas & carbon monoxide?	Install CO detectors in your home. Visual inspection of the natural gas furnace: Inspect the venting for cracks and blocks to ensure proper air flow. Regularly check the flame of the natural gas furnace and all natural gas appliances (the flame should burn blue).

Calgary Building Services	
1. What is the role of a Safety Codes Officer?	To ensure safety rules are followed when building homes, schools, offices, etc.
2. When can you go into a fenced construction site?	Never
3. What does this mean? 	Exit to the Right

Calgary Community Standards	
1. What is a dog calming signal?	Calming signals are just what they sound like. They are behaviors offered by a dog in an attempt to keep a situation calm. We can help our dogs feel comfortable by learning what their calming signals are and respecting them.
2. Name 3 calming signals that a dog may display.	Shake-off, lip lick, tongue flick, yawn, sniffing, scratching, blinking, stretching, paw lift, play bow, look away, move away.
3. Why is it important to learn how dogs communicate?	Safety – if you don't speak the same language and are not able to communicate then you might miss what your dog is saying especially when it is upset or stressed. Bonding – if you understand what your dog is saying then it creates a stronger bond.

Calgary Fire Department	
1. What is the number one cause of fires here in Calgary?	Cooking - specifically unattended cooking.
2. How often should you test your smoke alarms?	Test all your smoke alarms once per month.
3. Should you sleep with your bedroom door open or closed?	Always sleep with your door closed.

Calgary Police Service	
1. What are the individual strengths and abilities that make up you and all parts of yourself (the "Me" part of the "Me + Help = Bounce")	These answers are unique to the individual but can include honesty, courage, bravery, kindness, hardworking, caring etc. to name a few.
2. What does the "Help" mean in the "Me + Help = Bounce"	The "Help" portion of the equation are the youth and adults in your life that provide support to you, encourage you and make you feel special.
3. Can you name 3 types of "Help"?	These supports can include Teachers, Parents, siblings, family members, coaches, police officers or other community members.

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Calgary Recreation and Calgary Neighbourhoods	
1. What are the benefits of Calgary Afterschool Programs?	Calgary Afterschool's unique programming is designed to help children and youth do better in school, stay productive, learn new skills and make new friends
2. What is emotional safety?	Emotional safety comes from within us. It is the "knowing" of what we're feeling, the ability to identify our feelings and then take the ultimate risk of feeling them.
3. Mindfulness observations can be used to practice being aware in the present moment throughout the day. What senses are needed to be connected to yourself?	The five senses: See, hear, feel, smell, taste.

Calgary Transit Public Safety and Enforcement	
1. How do you stay safe around trains?	Look both ways, don't rush or try to beat the train, stay behind yellow line, follow the signals.
2. How do you call for help on Transit?	By using the help phones on platforms, by using help strips on trains, call 911, call transit watch 403-262-1000, twitter @calgarytransit, find an operator or Peace Officer, or can text concerns to '74100' and will get a Peace Officer response.
3. Who are Calgary Transit Peace Officers?	Calgary Transit Peace Officers are a dedicated group of Officers that police the transit system keeping it safe for patrons and staff. They wear a grey shirt and have a grey stripe on their pants.

Calgary Transportation	
1. What are the three things you should check before riding your bike?	ABC Bike Check: A – Air, B – Brakes, C - Chain
2. When getting ready to cross the street, what are the "3 P's", and why are they important?	Point, Pause, Proceed – remembering these three steps will help you to "be safe and be seen", the 3 P's help you cross the street safely and can help to make it easier for people driving to see you and anticipate your movements.
3. When riding your bike, what are the 3 items you are legally required to have?	A helmet – anyone under the age of 18 is required to wear one; a bell or horn; and lights & reflectors (Bonus points for colours of lights: red rear light, white front light)

Calgary Search & Rescue Association (CALSA)	
1. What do I do if I am lost in the woods?	Stay put! Hug a tree and try to stay warm.
2. What should I always do before I go for a walk?	Tell my parent/guardian where I'm going!
3. If I can't find my parent or guardian, who can I ask for help?	The police, a store employee, a security guard, or another adult.

Canadian Pacific Railway	
1. Are tunnels, bridges, train tracks, trains, or the side of the tracks (known as right-of-way) public or private property?	They are all private property.
2. How long of a distance could it take for a train to come to a complete stop?	It can take up to 2 km to come to a complete stop. That's the length of 18 football fields.
3. Where are you allowed to safely cross railway tracks?	Only at designated railway crossings.

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Canada Task Force 2 (CANTF2)	
1. Are Tornadoes possible in Calgary? Yes or No?	Yes
2. On the Enhanced Fujita Scale, which classifies tornado severity on a scale of 0-5, which level is considered the most severe?	5
3. If you don't have a basement in your house, where is the safest place to seek shelter in a tornado warning?	In an interior room without windows like a bathroom or closet.

Calgary Emergency Management Agency (CEMA)	
1. What is one way to be prepared for an emergency?	<ol style="list-style-type: none"> 1. Know the risks 2. Be prepared 3. Know what to do during an emergency 4. Know what to expect after an emergency
2. What are three hazards that could happen in Calgary?	Floods, Tornadoes, Fires, Hail, Thunderstorms, Drought, winter storms, summer storms, heat waves, winter storms.
3. What are three items to put in your 72-hour kit?	Three days' worth of: water, canned food, can opener, tooth brush, tooth paste, flash light, wind up radio, gloves, emergency blanket, candles and matches, utensils, clothes, cash, first aid kit, garbage bags, copies of important documents, playing cards, games and books, extra prescription medications, glasses, baby and pet supplies

The War Amps	
1. Why was the PLAYSAFE Program started?	It was noticed that a lot of children enrolling in the CHAMP Program, were enrolling due to accidents that resulted in losing a limb. PLAYSAFE aims to teach children why it is so important to spot the danger to make sure accidents do not happen to anyone else!
2. What are some mean machines that you should stay away from when at play?	<p>Lawnmowers - Lawnmowers should be used only by adults, they are tools, not toys!</p> <p>Trains - Stay away from train tracks and only cross at identified areas</p> <p>Farm Equipment – Farm equipment should only be used by adults, and you should not be near farm machines when they are in use.</p>
3. How can you Spot the Danger before you play?	Before playing in a new environment, look around and go on a SAFETY WALK to point out and be aware of any dangers you could come across. If there is no safe place to play, you can always find another.